

(TMI Focus, Vol. XXII, No. 1, Winter 2000)

THE MOST IMPORTANT DAY

by Laurie A. Monroe

THIS IS THE MOST IMPORTANT DAY OF YOUR LIFE,
BECAUSE IT IS NOW.
YESTERDAY IS THEN,
TOMORROW IS WHEN,
THIS DAY IS NOW.

~ Robert A. Monroe

MIND FOOD *Morning Exercise*

We all know the importance of being present in each and every moment, and we all know the difficulty of staying totally in the moment as thoughts of the future or past incessantly drift through our minds. So perhaps we need to reflect on the past and to consciously pattern our future with a compassionate vision. Setting time aside to do this helps us to stay present in the now.

Yesterday is then. The Monroe Institute is a product of continual evolution. We at TMI greatly appreciate the many people whose contributions through the years have insured the Institute's growth. The dedication of many friends who devoted time and energy to understanding the OOB phenomenon was crucial. One of those close friends, Charles "Charlie" T. Tart, PhD, stands out in my memory. While Charlie was an instructor in psychiatry at the University of Virginia School of Medicine during the mid-sixties, he would frequently visit our home for in-depth discussions with my father. They were studying Bob's OOBs in the university EEG laboratory. They developed a wonderful relationship based on mutual respect. Thank you, Charlie, for your friendship, your laughter, and your commitment to understanding limitless possibilities.

Many others in the past have made significant contributions to the Institute's growth: Dave Wallis in the lab, Nancy "Scooter" McMoneagle as executive director, Rita and Martin Warren, who monitored many *EXPLORER* sessions in the early days, Eleanor Friede as the publisher of *Far Journeys* and *Ultimate Journey*, and Helen Warring as our program registrar. Our gratitude embraces all who have played a role in bringing us to this particular "now," especially our Board of Advisors, the Professional Division, the original *EXPLORER* team, our trainers, many nonphysical friends, and you—our members. The list must also include all of the program participants who have shared their experiences with friends and family. Hearing their stories and truths has inspired more and more people to attend the *GATEWAY VOYAGE*® and

learn how to “find out for themselves.” What wonderful gifts we can give each other by sharing ourselves.

I recently attended the funeral of a former employee, Amanda Harris, who had worked in the kitchen. Those of you who knew her surely remember her delicious chocolate chip cookies, friendly smile, and loving heart. Perhaps because she was content and happy with the past, Amanda just naturally lived in the now. Her minister noted that quality many times during his eulogy. Even Amanda’s way of speaking emphasized the present. She’d say, “Now, we need to do this” or “Now, let’s go here.” In that spirit, I thank all of our employees for their many contributions and for their efforts to maintain the essence of “now” in their daily work. Through their actions, the wonderful TMI team supports our mission and vision.

Tomorrow is when. At what point does “when” begin? If when refers to the time or moment of an event, then we are creating “when” in this moment of now. So by patterning for the future in the present moment, we are actually manifesting the future “now.” From that perspective, our actions and thoughts “now” are of utmost importance to “when.” Although our manifestations may not appear immediately in physical reality (as they do on other energy levels), what we envision “now” becomes tomorrow’s “when.”

Knowing this, it logically follows that being what we are patterning for makes it not only the future but also the now. The outcome of being our own true expression of self and allowing ourselves to be whatever we so desire, is a joyful, happy, effective life experience, which produces positive and constructive results. Continuing to pattern in the present for a more compassionate society automatically creates more compassion “now.” To be successful, our patterning must be integrated through all parts of our being—emotional, physical, mental, and spiritual. Through this integration we align our intentions to be all that we can be. Through gratitude for yesterday’s achievements and appreciation for tomorrow’s promise, we lift our consciousness to a higher level.

Remember, “**this day is now**; you can use it and be it however you so desire.” I invite you all to participate in the vision of a compassionate future—one of joy and happiness, one of being in service to others for constructive ends. Infinite resources of strength, courage, and wisdom are available for manifesting the highest good in this physical reality. Here and now, our limitless and infinite essence can unfold in full expression. As . Bob would say, “Let this flow begin NOW.”